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NEWS
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12 YEARS A SLAVE: THE CANADIAN CONNECTION

PITT'S CHARACTER DID
GREAT AND GRIMY STUFF
IN REAL LIFE **PAGE 16**



Emergency! The Danimal is down

In which Shannon is forced
to save the day as she
belittles a man's pain

PAGE 10

Ex-president may face treason trial, death sentence

Pakistan moves to try Musharraf
for suspending constitution **PAGE 6**

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Burnaby's alleged illegal dentist David Wu turned himself in to Toronto police on Saturday. CONTRIBUTED

Dentist turns himself in

David Wu. Man surfaces in Toronto after months on the run from claims of dangerous dentistry

Surrender

"Whether he was tired of running or he was running out of money, (Saturday) afternoon he decided to walk in and present himself."

Toronto Police Staff Sgt. Paul MacIntyre

A man wanted for illegally practising dentistry in B.C. has been arrested in Toronto.

David Wu has been wanted by B.C. officials since August, when the warrant for his arrest was first issued, explained Toronto Police Staff Sgt. Paul MacIntyre.

"It looks like he fled to Toronto soon after the warrant was issued. Perhaps before — he came here in early August," said MacIntyre.

Wu had been renting an apartment somewhere in Scarborough. The 62-year-old turned himself in around 3 p.m. on Saturday.

In May, B.C.'s College of Dental Surgeons and the RCMP shut down one of Wu's clinics, which was set up in

a bedroom of his Burnaby home.

They allege Wu was operating in dirty conditions. The college issued a public warning, urging Wu's patients to get tested for hepatitis B and C, as well as HIV.

A B.C. Supreme Court justice issued a permanent injunction earlier this year, preventing Wu from performing dental work in the province again.

On Oct. 15, Wu, who was absent from his Vancouver hearing, was sentenced to three months in jail for contempt of court.

Wu is scheduled to appear in court Monday, at which time it will be determined

where he will serve his sentence.

In an email Sunday night, Anita Wilks, spokeswoman for the B.C. College of Dental Surgeons, told Metro the college was "gratified" Wu had turned himself in. She said the college would issue a statement Monday morning.

Jerome Marburg, the college's registrar and CEO, described Wu last month as "a person without honour or regard for Canadian civil society. He has preyed on the vulnerable and put many persons' health at significant risk."

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Event. Hillary Clinton headed to Vancouver



Former U.S. Secretary of State Hillary Clinton speaks in Washington, D.C., on Nov. 14. CHIP SOMODEVILLA/GETTY IMAGES

One of the biggest political figures in the world is coming to Vancouver next year.

The Vancouver Board of Trade has announced that Hillary Clinton, the former United States secretary of state and wife of former President Bill Clinton, will give a keynote address on March 5, 2014, during an event at the Queen Elizabeth Theatre through its Women's Leadership Circle.

Pricing for the event has not been announced yet.

The announcement comes weeks after the City of Surrey was forced to postpone its 2013 Regional Economic Summit after failing to book the former first lady.

Tickets for that event (which has booked speakers such as George W. Bush, Bill Clinton and Richard Branson in the past) were expected to cost more than \$600.

MATT KIELTYKA/METRO



Canadians come out to oppose Northern Gateway pipeline

People gather during a demonstration against the Enbridge Northern Gateway pipeline in Vancouver on Saturday. Similar events were held in more than 100 communities across Canada as a show of opposition ahead of the release of a review into the pipeline by the National Energy Board expected by the end of the year. DARRYL DYCK/THE CANADIAN PRESS

Vancouver has a trash-flow problem

Abandonment issues.

Report suggests litterbugs are tossing more waste onto the streets — and fees may be partly to blame

Our Greenest City 2020 hopes are choking under mounting layers of garbage.

A City of Vancouver staff report coming before council this week suggests litterbugs are abandoning ever more waste in public places — everything

from mattresses to televisions — without regard for environmental ambitions or street cleaning budgets.

The city spent \$7.8 million cleaning the streets last year, eight per cent of which went to picking up illegally abandoned household items. The report states Metro Vancouver's \$15 mattress recycling fee — instituted in 2011 — could have contributed to nearly tripling the number of mattresses abandoned on public property to 7,700 in 2012. Meanwhile, the province's electronic product recycling (EPR) scheme helped triple the number of

discarded computers and appliances to some 21,500 items.

Vancouver Coun. Andrea Reimer, chair of the city's environment committee and council lead on the Greenest City Action Plan, said a big part of the problem is a lack of recycling depots across the city, made worse by perennial waves of neighbourhood opposition against private-sector proposals to open such facilities.

"Residents tend not to like the depots near their houses," Reimer told Metro in a phone interview Sunday afternoon. "So you can kind of see the

residents' dilemma; if they live many kilometers away from the nearest depot, it's a bit challenging to figure out how they're supposed to be handling these items."

The staff report also proposes the creation of a "Big Item Recycling Day," a sort of amnesty akin to the one in Delta, which allows would-be litterbugs to drag unwanted junk to the curb guilt-free on a designated day for city crews to pick up, rather than desert it in an alley under cover of darkness.

Council will discuss the report on Wednesday.

LUKE BROCKI/FOR METRO

1 NEWS



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NDP aims to pick up the pieces

Weekend convention. Opposition party mourns election loss, looks to rebuild as new party president elected

British Columbia New Democrats were throwing around words like grief, mourning and venom-sucking as the party wrapped up a weekend convention in Vancouver, six months after a devastating election loss that has forced the NDP to ask tough questions about its campaign strategy, its leadership and its future.

The convention also saw the Opposition party narrow in on a timeline for selecting a new leader to replace Adrian Dix, with the NDP's provincial council deciding to hold a leadership vote in early fall of next year, though the precise date has yet to be determined.

Party members, from optimistic enthusiasts to the cranky cynics, grudgingly acknowledged that while the

NDP has managed to stick a Band-Aid on its election wounds, the party must now turn its attention to fixing the more substantial issues that cost them a chance at governing.

The New Democrats lost May's provincial election, despite entering the campaign with a 20-point lead in the polls that had political watchers guessing not about whether the NDP would win, but how badly the governing Liberals would lose.

The election loss prompted Dix to announce plans to resign as the party examines what happened. Dix will remain leader until his successor is chosen.

The party also chose a new president: Craig Keating, who replaces former NDP cabinet minister Moe Sihota. Keating said the leadership contest will be significant, but he said the party must also focus on how to better use a combination of technology and old-school door-knocking to connect with voters.

THE CANADIAN PRESS



Newly elected B.C. NDP party president Craig Keating addresses a crowd at the party convention in Vancouver on Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

Province needs to be upfront about ALC: Watchdog



Agriculture Minister Pat Pimm at the announcement of the B.C. Liberals' new cabinet in downtown Vancouver on June 7. JONATHAN HAYWARD/THE CANADIAN PRESS

The provincial government needs to come clean with its plans for the Agricultural Land Commission, according to IntegrityBC.

The government watchdog has collected more than 2,000 signatures online opposing a leaked memo written by Agriculture Minister Pat Pimm that suggests sweeping changes to the independent commission's authority.

And while the government said the measures outlined in the memo are old and

have since been rejected, IntegrityBC executive director Dermod Travis says the rebuttal has been unconvincing.

"I don't believe the public are buying that one," Travis told Metro on Sunday. "The government has a responsibility to state categorically and clearly the ideas it has for the Agriculture Land Commission."

Travis fears the commission could still face reform after Energy Minister Bill Bennett's core review of govern-

ment services is complete.

With the government relentlessly chasing liquefied natural-gas revenues, some of Pimm's proposals (such as shifting land-use decisions from the ALC to the Oil and Gas Commission) don't seem so far-fetched.

That could put prime agricultural land in jeopardy.

"British Columbia has to be very careful it doesn't go too fast," said Travis. "In Alberta during the (Ralph) Klein years it was full speed ahead

for developing the oilsands. It's incumbent on the government to make (sure) certain projects are thoroughly reviewed, not just for environmental reasons but societal ones as well."

The controversy deepened last week as Pimm found himself under fire for apparently lobbying the ALC on behalf of a Fort St. John resident who wanted to build a rodeo on land protected by the Agricultural Land Reserve.

MATT KIELTYKA/METRO



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Rescued. Two hunters found safe after cold night lost in B.C. Interior

A pair of hunters, including a 71-year-old, are safe after spending a cold night stuck in the wilderness of the British Columbia Interior.

Robert Driver, 71, and his 60-year-old friend, Wayne Camille, were in an area near Monte Lake, south-east of Kamloops, on Friday hunting moose when Driver's truck became stuck in the snow on a remote mountain-top road.

Driver said the pair tried twice to make it out of the area on their own, but the deep snow combined with Camille's health made that impossible.

"I was never scared, because I would fight a bear with a knife, but I was worried because of the guy I was with, he had bad arthritis," said Driver.

They were reported mis-

Quoted

"My daughter is already talking about GPS, so I guess the next time I go out I'll be all wired up."

Robert Driver, 71

sing when they didn't return and a search was launched.

An air search-and-rescue volunteer spotted the pair's truck Saturday afternoon, and an RCMP helicopter arrived soon after.

"I'm the type of guy that I don't like flying, but I couldn't get in that helicopter fast enough," said Driver.

Alen Hobler with Kamloops Search and Rescue said the men were cold and shaken, but otherwise OK.

THE CANADIAN PRESS

Private schools see rise in enrolment

Education.

Independent Schools Association of B.C. official says private school enrolment at 26 member schools is up four per cent over last year

LUKE BROCKI

vancouver@metronews.ca

Keen young parents, many pushing strollers or carrying drooling babies, crowded into a third-storey salon at the Westin Bayshore hotel in Vancouver for a private schools expo Sunday afternoon, wooed by pricey promises of a better life for their kids.

It was a swanky affair, with bow ties and crested jackets, as academies and prep schools from as far as Neuchâtel, Switzerland, peddled small classes and big benefits.

Steveston resident James Tidago attended with his wife and four-year-old daughter.

"We're trying to find a suitable school for her," he said. "The cheapest school here was close to \$1,000 a month, but their arts could be better than at other schools."

"We want to go to private, if we can afford it," said Karine Lin, an accountant and mother of a toddler and a one-month-old from Richmond, who was there to learn about offerings beyond the academic curriculum, such as leadership and public-speaking skills. "With smaller classes, there's more attention to the



Elizabeth Moore, executive director of the Independent Schools Association of B.C., chats with parents at a private school expo in Vancouver on Sunday. LUKE BROCKI/FOR METRO

kids and they will be targeting the talent of the kids to develop them to wherever they want to be."

It's a familiar refrain for Elizabeth Moore, executive director of the Independent Schools Association of B.C., who said private school enrolment at its 26-member schools is up four per cent over last year. "Our hallmark is excellence, opportunity, innovation and collaboration," she said when asked about the increase in students, which bucks the trend of declining enrolment seen across most of B.C.'s public school districts. "Parents have so much

choice, they're very privileged to live in British Columbia."

Those choices include excellent offerings by local public schools, argued Vancouver Board of Education chair Patti Bacchus, admitting competing for pupils has become a strange new reality in a city where shifting demographics have made incoming students a rare commodity. "Everybody is trying to make sure kids come to their school," Bacchus told Metro in a telephone interview Sunday afternoon. "We are targeting our communications to make sure parents know more about how to register for kinder-

garten, what the procedure is to apply for French immersion or Mandarin bilingual or a fine-arts program."

Bacchus said a recently hired community engagement co-ordinator spends part of her time reaching out to new parents to discover their needs and wants.

"The more we can hear from them about what it is they want, the more I think we can convince them that Vancouver's public schools are really the best choice," she said. "Because of our size, we can provide far more options than any one of the private schools."

Inquest. Family should be allowed to force psychiatric probe: Jury

A coroner's jury looking into the death of 26-year-old Angus Mitchell has released seven recommendations, including that the B.C. Health Ministry consider allowing people to force a mentally ill family member to undergo a psychiatric assessment.

Mitchell was killed in a hail of police gunfire in May last year. The shooting came just hours after RCMP had issued a warning that the man was the chief suspect in the murders of two people and the shooting injury of his landlord.

During a week of testimony, the jury heard from several witnesses including Mitchell's father. David Mitchell told the inquest that his son, who was a straight-A student in Vernon, B.C., began showing signs of mental illness as early as Grade 7.

"So we took him to a child psychiatrist, and (the doctor) suggested this was nothing unusual. It wasn't all that rare, it was a passing phase and nothing we should worry about," David Mitchell told the jury.

THE CANADIAN PRESS



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Perks. Federal workers rewarded with more than \$100K of gifts each year

Hockey tickets, camcorders, iPods, spa visits — even a gift card to the liquor store.

This is some of the half-million dollars of booty that one federal department handed out to favoured workers in the last five years.

The Treasury Board Secretariat, with about 1,900 employees, now spends well over \$100,000 each year on rewards for staff.

The annual value has quadrupled since 2006, when the Conservative government first came to power.

The value hit a peak of

\$135,000 in 2011, the year the Conservative government began cutting staff and programs to wipe out the federal deficit by 2015.

Treasury Board President Tony Clement has recently criticized the benefits available to public servants, and publicly vowed to trim them, putting him at odds with unions.

But internal documents show his department has been ever more generous with its so-called Instant Awards program, sometimes handing out goods and services worth as much as \$500 a pop. **THE CANADIAN PRESS**

Dozens injured

Tornadoes sweep across Midwest, killing at least 5

Dozens of tornadoes and intense thunderstorms swept across the Midwest on Sunday, unleashing powerful

winds that flattened entire neighbourhoods, flipping over cars, uprooting trees and leaving at least five people dead.

Illinois took the brunt of the fury as the string of unusually powerful late-season tornadoes tore across the state, injuring dozens. **THE ASSOCIATED PRESS**

Olympics. Sponsors may face pressure as Russia's anti-gay law persists

The four-month campaign protesting Russia's ban on "gay propaganda" is entering a new phase, as activists try to heighten pressure on the Olympics' top corporate sponsors to speak out before the Winter Games in Sochi.

The Worldwide Olympic Partners — among them Coca-Cola, McDonald's and Visa — have thus far sidestepped requests to explicitly condemn

the law, rebuffing efforts that included behind-the-scenes meetings and correspondence with Human Rights Watch.

Now, that organization and some of its allies have decided to go public. "It's taken months for the sponsors to formulate lawyerly responses that say nothing," said Minky Worden, director of global initiatives at Human Rights Watch.

THE ASSOCIATED PRESS

Pakistan planning to try ex-president for treason



Pakistan's former president Pervez Musharraf, centre, leaves after appearing in court in Rawalpindi, Pakistan, in April. Pakistan's government plans to put Musharraf on trial for treason for suspending the constitution while in power. ANJUM NAVEED/THE ASSOCIATED PRESS FILE

Musharraf. Former leader could face death penalty if convicted for suspending constitution while in power

Pakistan's government plans to put former president Pervez Musharraf on trial for treason for declaring a state of emergency and suspending the constitution while in power, the interior minister said Sunday.

Musharraf, a former army chief, would be the first military ruler tried for treason in a country that has experi-

enced three military coups in its 66-year history. He could face the death penalty or life in prison if he is convicted, but some question whether the country's powerful army actually will let that happen. Musharraf has maintained his innocence.

The government plans to send a letter to the Supreme Court on Monday asking that treason proceedings begin under Article 6 of the constitution, Interior Minister Chaudhry Nisar Ali Khan said during a news conference. The government made its decision after an investigating committee formed under the direction of the Supreme Court collected enough evidence for a trial, Khan said.

He insisted the government's decision to put the former president on trial was not a personal vendetta by Prime Minister Nawaz Sharif, who was toppled in a military coup by Musharraf in 1999. **THE ASSOCIATED PRESS**

Charges

"The constitution was ruined and violated. The judiciary was humiliated."

Pakistan Interior Minister Chaudhry Nisar Ali Khan

Uganda

Man faces charges after gay images found on laptop

A British man faces a court hearing in Uganda on Monday following the publication of images from his stolen laptop of him having sex with another man.

Bernard Randall, 65, faces charges of trafficking obscene material. Randall has called the charges, which carry a prison sentence of up to two years, "nonsensical." Also charged is Ugandan

Albert Cheptoyek, who faces charges of committing an act of gross indecency and up to seven years in prison.

Randall's laptop computer was stolen from his home and then photos on the computer were sent to a Ugandan newspaper, which published them. That led to the charges being pressed against him and Cheptoyek.

Uganda has harsh anti-gay laws and the country received international attention after a lawmaker proposed a bill that would mandate the death penalty for some gay acts.

THE ASSOCIATED PRESS

Germany

Man at centre of Munich art trove 'loved' his pictures

The recluse German collector who kept a priceless trove of art — possibly including works stolen by the Nazis — hidden for half a century says he did so because he "loved" them and says he wants them back.

Cornelius Gurlitt told German magazine Der Spiegel in an interview published Sunday that he wanted to protect the

collection built up by his late father Hildebrand, an art dealer commissioned by the Nazis to sell works that Adolf Hitler's regime wanted to get rid of.

Bavarian authorities say they suspect the elder Gurlitt may have acquired pictures taken from Jews by the Nazis — and that this may lead to restitution claims by the original owners or their heirs.

Gurlitt said everybody needs something to love. "And I loved nothing more in life than my pictures," the magazine quoted him as saying. **THE ASSOCIATED PRESS**



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University examines porn's effect on relationships in major study

Sexual health study.

A special appeal is being made for people who don't use porn but have a romantic partner who does



MIKE DONACHIE
Metro in London, Ont.

Do you watch pornography? Shy? Won't admit it?

That's the problem, say Western University researchers in London, Ont. Lots of people use porn but too few people admit it.

So they have made an unusual appeal. They want people to talk frankly — but anonymously — about their porn preferences to help a historic study into its effect on relationships.

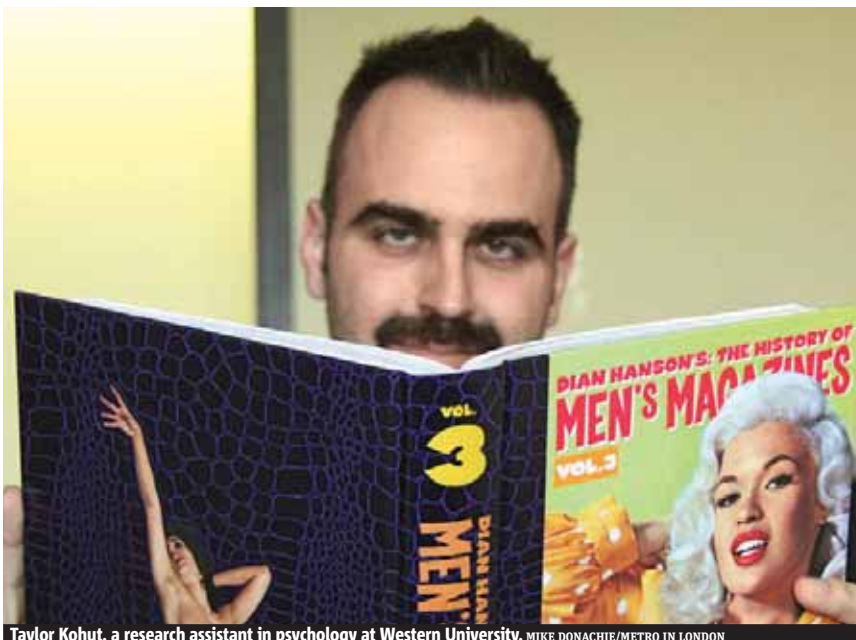
"We know that a lot of people are consuming pornography, both men and women," said Taylor Kohut, research assistant in the department of psychology. "We've known this for quite some time, although specific numbers are hard to pin down."

"We know that some people think this is affecting their relationships in different ways. What we don't know is why or how."

There has been research into porn and sexual behaviour for more than 40 years, said Kohut, but no definitive study during the Internet age.

The work at Western, led by professors Dr. William Fisher and Dr. Lorne Campbell, will be a first for the study of sexual health. It's been awarded a government grant of \$144,570.

An online questionnaire is part of the study.



Taylor Kohut, a research assistant in psychology at Western University. MIKE DONACHIE/METRO IN LONDON

Here's how to get involved

Can you take part in the Western University research into pornography? Absolutely! Here's how:

- The study itself can be found at goo.gl/duu-wmW
- For more information about the research, go to smartla5.wix.com/smartlab or facebook.com/smartlabwesternu.
- A special appeal is being made for people who don't use porn but have a romantic partner who does.
- The work at Western will be a first for the study of sexual health. It's been awarded a government grant.

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Saturday Night Live

Famous U.S. TV show mocks Ford

Saturday Night Live has joined its late night TV brethren in claiming a stake in the Rob Ford comedy gold mine, lampooning Toronto's embattled mayor over his erratic behaviour.

The NBC show opened with cast member Bobby Moynihan portraying Ford in a skit that parodied the mayor's repeated public apologies for such things as smoking crack, buying drugs, driving after drinking and using vulgar language on live TV.

The Ford character would issue a chastened apology for actions unbecoming and then quickly follow it with an expletive laced rant against his critics. At one point Moynihan ducks behind the lectern to do a drug deal, and then is heard exclaiming "WOW! ... that's a lot of crack."

The sketch also mocked the many unflattering photographs of Ford that have graced front pages since the scandal erupted with reports of a video that appeared to show the mayor using crack. **THE ASSOCIATED PRESS**

Quebec. Snack-maker won't back down from native boy logo in holiday campaign

A Quebec snack-maker won't back down from plans to reintroduce a popular old logo of a cartoon aboriginal boy in a loincloth and feathered hat.

Krispy Kernels snack foods drew some criticism for a holiday marketing campaign featuring the old logo that hasn't been on the market for more than 20 years.

Its chip-package logo was well known for decades in Quebec, where the company is based.

It first appeared when the company was founded

in 1959 and disappeared in 1990 during the Oka Crisis, a land dispute that resulted in a standoff and the death of a provincial police officer.

Now, the logo has returned for a short time as part of a marketing campaign that runs until Christmas. Stores have begun stocking the limited edition packaging and as part of the campaign, customers can pose for a photo behind a life-size cardboard store display of the mascot to win prizes.

THE CANADIAN PRESS



Bags of Yum Yum chips featuring aboriginal boy logo. **THE CANADIAN PRESS**

Feds late in reviewing whistleblower law



Sylvie Therrien near her B.C. home on Friday. DARRYL DYCK/THE CANADIAN PRESS

The Public Servants Disclosure Protection.

The act is supposed to be re-examined every five years

Sylvie Therrien now lives at a friend's house because she can't afford to pay rent after

being fired from the federal public service.

Therrien was sacked for revealing there are quotas — \$35,000 to \$40,000 in clawed-back benefits each month — imposed on every public servant investigating employment-insurance fraud.

Therrien said she had no other choice but to turn to the media after she tried

to raise the issue internally and was rebuffed.

She says the law designed to protect her, as a whistleblower, should have meant congratulations, if not money. But Therrien never had faith in that law, she said.

Canada's whistleblower law, enacted by Prime Minister Harper's government in 2007, has done nothing

to help people who raise red flags, critics say.

And the law, which is supposed to be re-examined every five years, is well past the due date for a review, the federal integrity commissioner Mario Dion says. Allan Cutler, a whistleblower during the sponsorship scandal, said the law has done nothing to help.

THE CANADIAN PRESS

Sex charges. Ex-priest was allowed to leave Canada before trial: Official

A former priest who this week is to face 76 sex charges involving Inuit children may have been tried years ago but for a quiet nod from Canada that allowed him to leave the country, says a church leader. Georges Vervust is the top official with the Belgian Oblates, an order of Catholic priests that sent Eric Dejaeger to several communities in what is now Nunavut.

Vervust sheds light on questions that have troubled Dejaeger's alleged victims for nearly a decade: How was a man facing child abuse charges allowed to leave the country days before his trial? And why did it take so long for him to be returned?

"What I have heard is that he got advice from people from the Justice Department, off the record, that he should leave," Vervust said in a Belgian documentary. Dejaeger's trial, beginning Monday, includes allegations from Feb. 19, 1995, when he was originally charged with three counts of indecent assault and three counts of buggery, a charge no longer in the Criminal Code. They relate to his time as a priest



Disgraced priest Eric Dejaeger is shown in an undated Interpol photo. INTERPOL/THE CANADIAN PRESS FILE

in the community of Igloolik between 1978 and 1982.

Dejaeger has pleaded not guilty and will be tried by judge alone. There was no preliminary hearing in the case, as the accused waived his right to one.

The disgraced priest was able to live quietly in Oblate communities in France and Belgium until he was returned in early 2011.

THE CANADIAN PRESS

Declassified

Mulroney cabinet documents reveal struggle with abortion law

Recently declassified federal cabinet documents show Canada could have been a very different place for women seeking abortions and the doctors who provide them if then prime minister Brian Mulroney had bent to the wishes of some cabinet heavyweights.

The minutes of cabinet meetings, sealed for 20

years and obtained under the Access to Information Act, open a window on the tensions between ministers who wanted abortion outlawed — indeed punishable by up to 10 years in prison for those who performed the procedure — and those who wanted a far greater latitude on a woman's right to choose.

It was the Senate in 1991 that killed the best compromise Parliament could come up with, resulting in the legal vacuum most Canadians have by now accepted. THE CANADIAN PRESS



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Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 11

metronews.ca/temp

Financially unstable

'The bank won't lend you money'

Temporary work in Canada presents a number of uncertainties on the job, but one real-estate agent in Saskatoon said those uncertainties go beyond the office.

Agent Paul Chavady says banks aren't willing to provide mortgages to those working in temporary positions.

"The bank won't lend you money," he said. "They require a stable income where a worker is permanently employed and off probation."

While real-estate agents in Saskatoon don't usually deal with rental properties, he said he would have no problem renting a temporary worker an apartment, but said he would be hesitant about signing a long-term lease, as the financial situation of a temp is too fluid. **METRO IN SASKATOON**



GETTY IMAGES

Temp vs. Perm

16%

A recent Statistics Canada study showed that temp workers earn on average 16 per cent less than their permanent peers.

Temp Enters a Universe of Pain

It was a Quentin Tarantino standoff where everyone holds up a gun at everyone else, except there weren't guns, just words and emotions. The Danimal looked at Kyle and then at Sarah and hissed. "You cradle robber."

Sarah shot back, "What about you, Dan?" (Referring to moi.)

"I'm only here with Shannon to talk business."

"Yeah right, cowboy."

Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage. It sounded like a kettle-drum and Danimal fell to the floor shouting astonishingly unprintable things at Kyle and Sarah, who up and left.

"What is wrong with that kid!" shouted Dan, "Oh my God, the pain!"

"Thanks for accusing me of spying," I said.

He coughed. "Shannon, take me to emergency. I think I'm going to die."

We went to his BMW where he curled into a ball in the passenger seat while I drove.

I said, "I really shouldn't be doing this. You're mean."

"Just take me to Crown Permanente."

"Oh. Going to the rich people's hospital are we?"

"Please drive."

We arrived and Danimal hobbled out of the seat and into Emerge, an oasis of calm with tastefully matched fabrics and gentle lighting. There was a copy of *Modern Symphony* magazine



on the walnut-inlaid coffee table. We went to the desk where a supermodel was moonlighting as a nurse on duty.

Dan groaned, "I need an X-ray. Quick."

"Of course, sir. I'll need to take an imprint of a credit card. We accept all major cards."

The Danimal walked up closer and that's when Kyle slugged him in the gut — well, more like where your gut touches your rib cage.

Danimal looked in his pockets. "Oh jeez, it's in the pocket of the jacket that went out for dry-cleaning today. Just let me in. I'll bring it tomorrow. I'm totally insured."

I could see that our supermodel had been through this many a time. "I'm sorry sir, but without an imprint of a valid card with the correct credit limit, I'm afraid there's nothing further we can do."

"I—" He was speechless.

"Welcome to my world," I said. "Get back in the car. I'll take you to Saint Eustace."

"That's in the worst part of town."

"What's your point?"

So we drove off to Saint Eustace. "It's just a slug in the gut, Dan. How bad can it be?"

"He broke something. Or damaged my heart. I can tell. Oh my God, the pain!"

We pulled up to Saint Eus-

Random fact of the day

- The total weight of ants on Earth is about the same as all the weight of humans.



SOURCE: WTFUNFACT.COM

tace, which resembled the battle-ravaged Vietnamese village remains in part three of *Full Metal Jacket*. A conga line of sick and wounded people stretched out the front door and into the street. One quick wardrobe change and you'd have *Les Misérables*.

"I can't go in there," Danimal said.

"It's either that or nothing. Want me to take you home?"

"No!"

"OK, then join the line."

TO BE CONTINUED...

Random biz fact of the day

85%

Smile like you mean it — 85 per cent of the decision to hire or promote an employee is based on the individual's attitude.

SOURCE: NEXCAREER

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Southern California

Two injured in drone accident

The Navy says an aerial target drone malfunctioned and struck a guided missile cruiser during training off Southern California. Lt. Lenaya Rotklein said two sailors were treated for minor burns after the ship was struck. She had no immediate information on whether the drone has malfunctioned before. **THE ASSOCIATED PRESS**

British intelligence

German mag says Brits monitor hotels

The German magazine Der Spiegel says the British intelligence agency GCHQ monitors bookings of at least 350 luxury hotels around the world to automatically track foreign diplomats and government officials who might be staying there. The magazine cites documents provided by NSA leaker Edward Snowden that showed GCHQ began its "Royal Concierge" program more than three years ago. **THE ASSOCIATED PRESS**

Getaway on motorcycle

French hostage eludes captors

A French engineer kidnapped in northern Nigeria 11 months ago escaped on a motorcycle without paying ransom, and was to fly home Sunday, police said. Francis Collomp escaped from his abductors and went to the nearest police station. **THE ASSOCIATED PRESS**



Some urban Chinese couples will now be allowed to have a second child. Experts estimate that the first easing of China's one-child policy will result in 1 million to 2 million extra births per year in the first few years. NG HAN GUAN/THE ASSOCIATED PRESS

China eases 1-child policy

Population growth. Couples where one partner is an only child are now able to have a second baby

Don't expect a new Chinese baby boom, experts say, despite the first easing of the country's strict one-child policy in three decades. Some 15 million to 20 million Chinese parents will be allowed to have a second child after the government announced Friday that couples where one partner has no siblings can have two children. But the easing of the policy is so incremental that dem-

ographers and policy-makers are not anticipating an influx of newborn babies at a time when young Chinese couples are already opting for smaller families. "A baby boom can be safely ruled out," said Wang Feng, professor of sociology at the University of California Irvine. Wang noted that although Chinese couples where both parents have no siblings have for some time been allowed to have a second child, many have elected to have only one. Experts estimate that the new rule will result in 1 million to 2 million extra births per year in the first few years, on top of the 16 million babies born annually in China. **THE ASSOCIATED PRESS**

Reproductive rights

- China's government began to implement birth planning policies in the 1970s and placed a de facto one-child limit in 1980.
- It eased restrictions in 1984 to allow some families to have two children, including couples who do not have any siblings and rural couples whose firstborn is a girl.
 - Some have managed to have additional children by paying fines.

NYC. Interracial couple a first in American politics

Another milestone is passing in America's racial journey: The next mayor of New York City is a white man with a black wife. Even in a nation with a biracial president, where interracial marriage is more accepted than ever, Bill de Blasio's marriage to Chirlane McCray is remarkable: He is apparently the first white politician in U.S. history elected to a major office with a black spouse by his side. **THE ASSOCIATED PRESS**



New York City's next mayor, Bill de Blasio and his wife Chirlane McCray. ANDREW BURTON/GETTY IMAGES

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NEWS

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Municipalities pooh-poo 'flushable' wipes

Sanitation.

Wipes marked as flushable wreak havoc on sewer systems

They're billed as a fresh, clean alternative to toilet paper — but waste-water utilities across Canada say personal wipes are creating putrid sewage clogs that are costing Canadian rate-payers at least \$250 million a year.

Sewage experts in Canada, the U.S. and beyond are cringing at efforts to sell the masses on the need to freshen their nether regions.

Manufacturers, meanwhile, say the wipes are getting the bum's rush from waste-water officials and are perfectly safe to flush.

Nonetheless, the Municipal Enforcement Sewer Use Group (MESUG), composed of 25 Can-

Think before you flush

"If we don't deal with this problem, the Canadian taxpayer will be literally flushing away millions."

Barry Orr, City of London Environmental and Engineering Services

adian communities, wants a federal standard to ensure more honest labelling of the wipes and other products that they insist are not safe to send down the toilet.

Among them: Supposedly flushable toilet-cleaning sponges, tampon applicators and even plush, multi-ply toilet paper.

While those products and personal wipes may swirl down the toilet with ease, experts say they don't disintegrate, creating serious problems as they work their way through aging sewage systems on their way to treatment plants.

"If we don't deal with this problem, the Canadian tax-

payer will be literally flushing away millions," said Barry Orr with the City of London Environmental and Engineering Services.

"It's not a sexy topic — it's an out-of-sight, out-of-mind situation. People expect to flush things down the toilet and then don't want to think about it anymore. But for me, this is everyday life, and we have to get this information out to the public."

Indeed, Orr said, many municipal officials believe that MESUG's estimate of the \$250 million annual cost is low and that wipes are poised to take a bigger toll. Personal wipes are a \$6-billion industry in North

International clogs

Flushable wipes aren't only causing problems in Canada.

- **Washington, D.C.** More than \$1 million was spent installing powerful grinders to shred wipes.
- **Fatberg.** In England a few months ago, a 15-tonne blob of wipes and cooking grease the size of a bus — nicknamed "Fatberg" by the Brits — was discovered in a London sewer pipe.

America, one that's expected to grow six per cent annually over the next five years.

In both the U.S. and Canada, manufacturers voluntarily test products for flushability, but federal laws don't require third-party assessment or verification. **THE CANADIAN PRESS**



Barry Orr, of City of London Environmental and Engineering Services, lifts a giant mass of material, mostly wipes that are supposed to be flushable, that had been clogging the city's sewage-system pumps. DAVE CHIDLEY/THE CANADIAN PRESS

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BUSINESS

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Bedside manner 2.0

The doctor isn't in, but he can still see you now. RP-VITA robots enable physicians to have a different bedside presence as they "beam" themselves into hospitals to diagnose patients and offer medical advice during emergencies. A growing number of hospitals in the U.S. are using telepresence robots to expand access to medical specialists, especially in rural areas where there's a shortage of doctors.

RICH PEDRONCELLI/THE ASSOCIATED PRESS

Canadians not cutting TV cord, yet

Slow. Rumours of the death of cable have been greatly exaggerated, with just 3.5% of subscribers cancelling service since 2011

Watching television on the Internet is cheap and convenient, but so far only a small number of Canadians have cut the cord on traditional viewing as TV providers offer discount prices and spend more on programs to keep customers who pay bigger monthly bills.

The death of traditional TV watching has been overblown so far, say analysts who track viewing habits.

"The truth of the matter is the revolution hasn't come,"

said Brahm Eiley of the Convergence Consulting Group in Toronto.

It's slow moving, with about 400,000 TV subscribers — 3.5 per cent — out of 11.8 million who have cut the cord since 2011, Eiley said, adding cord cutting started after the arrival of online subscription service Netflix in late 2010.

"TV is not dead," Eiley said.

Canadians watch about 28 hours of TV a week and another three hours on the Internet, according to the Canadian Radio-television and Telecommunications Commission.

But the movement to online viewing can't be ignored because it has a cost for TV providers. The average revenue that a TV customer generates is \$65 monthly, compared with almost \$45 for an Internet customer, Eiley said.

THE CANADIAN PRESS

Random biz fact of the day

3

At least half of all job seekers with smartphones or tablets spend 3 hours or more looking for jobs on those devices every week.

CAREERBUILDER

Urban farming. Old hens are getting dumped once the egg-laying dries up

Backyard chicken enthusiasts find the fun of bringing a slice of farm life into the city stops when the hens become infertile. Hesitant to kill, pluck and eat a chicken, some people abandon the animal in

a park or rural area.

As a result, more old hens are showing up at animal shelters, where workers increasingly respond to reports of abandoned poultry.

Urban chicken populations

have been on the rise since the mid-2000s, championed by people who wanted to know where their eggs came from and whether the animals were free-range and hormone-free.

THE ASSOCIATED PRESS

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\$10K QUESTION – WHAT WOULD YOU DO?

I don't know if you saw it. It was one of those quirky little stories that turn up in the news and fade just as fast. You might notice it; you might not. Someone at work might say, "Hey did you see the story about the cab driver who found \$10,000 in his cab, then tracked down the guy who lost it?" And if that wasn't honest and selfless enough, the guy offered the cabbie a \$1,000 reward and the cabbie turned him down; said he was only doing his job.

A nice little story. Heartening to know there are still honourable people driving the taxis of Vancouver. But that's about it: a five-minute uplift in spirit, then back to business in this bad, old world.

But before we go back to gaping at Rob Ford in disbelief, I can't help asking: what would I do? What would you do?

From the somewhat sketchy news reports, it seems the cabbie could have easily pocketed the \$10K and no one would be any wiser. A windfall like that could make your day and



URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

pay for the next 100 tanks of gas or the next 5,000 cups of coffee.

But he turned it in. Even better (or worse, depending on your viewpoint), he turned down the reward.

I know \$10K isn't what it used to be but it's still a lot of money in one envelope. So I've been wandering around town asking people the "what would you do?" question.

Cynics say the cabbie just wasn't desperate enough. Cab fares must be too high. Other cynics see the cabbie as more prudent than principled. There wasn't enough money to risk getting caught. Now a hundred thousand bucks, or a million, that's a different story.

It's just a matter, from their perspective, of finding the right price.

Members of the idealist camp applaud the cabbie for his adherence to the universal commandment not to steal, and they admire his integrity in refusing the tip. He did it be-

Or better yet — why would a cab driver return it?

I know \$10K isn't what it used to be but it's still a lot of money in one envelope. So I've been wandering around town asking people the "what would you do?" question.

cause it was the right thing and not because he expected a reward. Every time someone does the right thing for its own sake, an angel gets his wings. Or something like that.

Frankly, my dear, I don't know what I would do. Hindsight is such a drug. We shouldn't be allowed to drive on hindsight. It obscures judgement. I'd like to think I would give back the money, but think about how easy it would be to just slip it in your pocket, and voilà, a \$10,000 Starbucks card.

Help me out here. Let me know what you would do. Maybe if we get enough hindsight together, we can turn it in for a reward.

ZOOM

The terror of the monkey's mask



Monkeys forced to dance in public

Finnish photographer Perttu Saksa has explored Indonesia's chilling world of dancing monkeys — macaque monkeys clad in dolls' masks and children's clothes, trained to behave like humans and then sent out onto the streets to beg for money.

"They are sort of a mirror," says Saksa on how he

highlighted the monkeys' weird, anthropomorphic quality.

"By making the monkeys the centre of my images, I focus on ideas of a more universal nature, like whether or not we should feel empathy towards them."

So for Saksa, the portraits are a barometer of gauging indifference towards others' suffering.

METRO



Photog's viewpoint



"They are animals, forced to behave like humans do. Of course all of them were very stressed, some of them were sick."

Perttu Saksa, artist/photographer, 35

Clamping down

- Last month, Jakarta authorities began clamping down on street monkey performances. The city government is buying back all monkeys used as street buskers and donating them to zoos.
- Jakarta Animal Aid Network says 350 animals work as street performers.

A hearty gesture

Pope promotes prayer like meds — crowd gets pillboxes of rosaries

Joking that he's like a pharmacist, Pope Francis is promoting prayer as medicine for the heart.

Appearing on Sunday at his studio window, Francis held up a rosary in a box designed to resemble a packet of pills, before volunteers distributed thousands of those boxes, which feature a design of a human heart.

Francis said he was recommending reciting the rosary prayer as a "spiritual medicine" that is "good for the heart."

Francis's down-to-earth way of speaking, in a style ordinary people can readily understand, is drawing



A box, shaped like a pillbox, contains a rosary that was distributed at the end of Pope Francis's traditional Sunday appearance in St. Peter's Square.
 GREGORIO BORGIA/THE ASSOCIATED PRESS

larger-than-usual crowds to St. Peter's Square for his traditional weekly appearances. About 80,000 tourists and Romans packed the square on Sunday.

THE ASSOCIATED PRESS

Twitter

@metropicks asked: Canada has been criticized for sending only \$5M and 1 DART team for Philippines disaster relief. What do you think is the best way to help?

@jeffoulds: Alot better then China. \$1.5 million

@matdey1980: ask the sport stars, they got money coming out if the wood works!



@jeangra68434593: Donate CASH to The Salvation Army and The Red Cross. Those on the ground know specifically what is most urgently needed & .where

@SmithMuranocity: give me the 5MM we do what we can not what they want

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12 Years a Slave

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MIND THE APP

Kris Abel
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It takes an insidious plan to kidnap an intelligent, observant man like Solomon Northup, and harrowing brutality to keep him enslaved afterwards. No wonder a movie has been made of his determined escapes from strange cruelties and stranger men. This Byblotech edition gives better care to its illustrations and makes the 160-year-old text easier to understand with audio narration.

Box office

Thor hammers competition

In an unlikely battle of sequels, Thor: The Dark World bested The Best Man Holiday at the box office. Disney's Thor: The Dark World continued its box-office reign with \$38.5 million in its second week of release, according to studio estimates Sunday. Opening 15 years after the original The Best Man, Universal's The Best Man Holiday opened strongly with \$30.6 million. **THE ASSOCIATED PRESS**



In 12 Years a Slave, Brad Pitt plays enlightened Canadian carpenter Samuel Bass, who in real life was from Ontario's Augusta Township. CONTRIBUTED

Catching Canada's Bass

12 Years A Slave. Descendants of the real-life Samuel Bass learn of their ancestor

His torment ends only after a chance encounter with an enlightened Canadian carpenter, Samuel Bass, played by Brad Pitt, who agrees to help him contact friends who can vouch for his identity.

Pitt's character is based on a real-life figure from Ontario's Augusta Township, and 160 years later, his descendants say they are amazed to learn of their forefather's brave response to a man in need.

"The movie is about Solomon Northup, right? But we would never have heard of him, I guess, if he hadn't met my great great great grandfather," says 50-year-old Kenora, Ont., resident Laurie Morris, whose mother is descended from Bass's second daughter Hannah. "For the Canadian side of things, it shows we're good people. I just imagine being down there and being the only Canadian with an opinion like that."

Morris and other descendants say they are only now discovering details about Bass, who left Canada sometime around 1840 and took on a series of carpentry jobs throughout the United States.

It turns out that other aspects of his life were not so honourable — census records show he left behind a wife, Catherine Lydia Lane, and four daughters: Catherine, Hannah, Martha Maria and Zeruah Bass, says Bonnie Gaylord of the Grenville County Historical Society in Prescott, Ont.

Morris' 75-year-old mother says that could be why she had never heard of Samuel Bass until 12 Years a Slave.

"He wasn't talked about in our family. I guess it was because he was never around," says Rae Moulton Todd of Prescott, located about 100 kilometres south of Ottawa, near the original Bass family farm.

"It is kind of exciting. And

Bass' background

This past summer, historian and author David Fiske traced Bass to southern Ontario. He says he became curious about the man's background after doing some broader research on the book 12 Years a Slave for Fox Searchlight's marketing department in advance of the film's release. He found the link in Sue Eakin's 2007 enhanced version of Solomon Northup's 12 Years a Slave and Plantation Life in the Antebellum South, which included material from the diary of a lawyer Bass hired to draw up a will.

then I turn around and I think, 'He really was a big jerk.' He left his wife and four daughters here to be looked after by whoever."

THE CANADIAN PRESS

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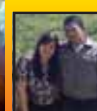


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Who's the best Batman, Ben? A gutsy five-year-old

Ben Affleck is getting ready to suit up as Batman for Batman vs. Superman, but he's smart enough to know when he's been bested. After the Make-a-Wish Foundation helped transform San Francisco into Gotham City Friday for the benefit of 5-year-old Miles Scott — who quickly became known as Batkid — Affleck took to Twitter to show his support. "Batkid. Best Batman ever," he posted.

Pop Goes the Week

Beckham's big Knight may change Posh's constant scowl



STARGAZING
Malene Arpe
scene@metronews.ca

David Beckham is in line for a knighthood. That explains why his wife, while writing "Lady" 756 times this week had a brief facial expression other than scowling.

A man nails his privates to the ground in the Red Square to protest Russia's devolution into a police state. In unrelated news, Steve-O has been reported missing from his Los Angeles home.

Reasons that Liongate's possible Hunger Games theme park is a really fantastic idea. 1) The Rollercoaster of Random Weapons and Disembowelment is super-fun. 2)



Squirrel on a stick may be neither healthy nor delicious, but it sure is cruel. 3) If your kids go missing while at the park, you can find them at the Lost and Drowned.

Justin Bieber's new song contains the lyrics, "Ooh, you know females/ And how they like to run their mouths." The song continues, "I'm so sorry/ I didn't mean it / I'm too little for corporal punishment/ And my rhymes suck/ #respectyourmothers. This week in tiresome

millionaires: 1) Justin Timberlake complains about critics and says that sometimes he "just wants to bleeping kill everybody." 2) Olsen twin Mary-Kate says that people who don't like her and her sister — purveyors of \$55,000 crocodile backpacks — have "an uneducated perspective." 3) Tom Cruise belatedly scoffs at his own statement that acting sometimes is as hard as fighting in Afghanistan.

Stevie Nicks will guest on American Horror Story. TOO MUCH HAPPINESS.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lady Gaga. ALL IMAGES GETTY

She may live fast but Gaga's not dying young

Lady Gaga is currently 27 years old, a fateful age for famous musicians, as that's the age at which Jim Morrison, Jimi Hendrix, Janis Joplin, Kurt Cobain and — most recently — Amy Winehouse, passed away. But Gaga insists she won't be joining the 27 Club. "I want to show people that I

will last past 27 and I will last longer, and so will you," she says during an interview with New York radio station Z100. "I want to change this code in the atmosphere that in order to be remembered, I must die young. In order to be remembered as a legend, I must be dead first. This is unhealthy."



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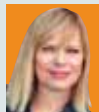


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Travel tip

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Kathy Buckworth
Kathybuckworth.com

Visiting an all-inclusive

resort located on a hot sandy beach can be the perfect way for families to get fun, sun, and all-you-can-eat buffets designed to satisfy even the pickiest eater. Kids Clubs and a variety of activities for the whole family can keep everyone happy. But beyond the walls of the all-inclusive is likely a new country with history, culture, art, adventure,

and cuisine to discover. Many resorts or vacation providers offer daily or overnight trips which leave from the resort and deliver an easy, hassle-free way to take advantage of the riches of the region. There is usually a selection of active adventure trips, visiting local villages or enjoying a cultural experience such as a museum or theatre.

Families can try local food, shop in markets for authentic goods, try unique physical challenges and contribute to the local economy while learning about the rich history. Transportation and accommodations are arranged for a hassle-free sojourn before returning back to the comfort and relaxation of the all-inclusive.

Exclusively online

- Parenting — it's like being a contestant on Let's Make a Deal. Find out why, and get a great cocktail recipe, at metronews.ca/voices. For the best-selling new mommy gift, pick up Reasons Mommy Drinks, by Lynda Martin Evans and Fiona Stevenson, in bookstores now.

Temps in your family

A "now playing the role of..." voice-over is all it takes to swap actors out on daytime soaps. The newbies pick up right where their predecessors left off. Imagine if your family members could be subbed out for telegenic temps...

Here are a few characters who would make excellent temporary relatives

MIKE DOJC/FOR METRO

**Pet: Brian
Griffin (Seth
MacFarlane)**

Harry S. Truman once advised getting a dog if you wanted a friend. Pooches offer loyal companionship and unconditional love. You may love them right back, but there's still always the hassle of cleaning up after them and taking them on walks. With Brian, there are no strings attached. He can totally take care of himself, so no poop scooping. Besides, he's a talking dog and incredibly smart. But make sure to lock up your liquor cabinet, as he has a nose for dry martinis.

**Father: Robert
Crawley (Hugh
Bonneville)**

A dapper well-bred gent, Robert may be a bit of a traditionalist, but at the same time he's always hip to the latest technologies, jumping at the chance to modernize Downton Abbey with electric chandeliers and telephone lines. Most importantly, he's an excellent dad who loves his daughters dearly. While he may initially disapprove when Sybil runs off with the chauffeur or Edith starts writing for the newspaper, he always comes around and eventually accepts decisions they make that further their happiness.

**Mother: Rayna
James (Connie
Britton)**

Nashville's Queen of Country — pretty much an amalgam of Reba McEntire, Faith Hill and Tami Taylor from Friday Night Lights — is sweet as tea. Despite decades atop the charts, this big-hearted star remains down to earth. How many other multi-platinum artists do their own grocery shopping? While her man situation can get complicated, she's always protective of her daughters. Her priority is shielding them from any drama. The only downside to having Rayna as a mom would be listening to your friends blather on about your yummy mummy.

**Sister: Ann
Perkins (Rashida
Jones)**

A great friend and confidante, Parks and Recreation's Ann Perkins is loyal almost to a fault, always putting the needs of others above her own. Above all, her most unique talent is fading into the woodwork while making other people shine. A top-notch straight woman, having her around will make your jokes seem way more hysterical. Also, considering how well she tolerates the oddball antics of Tom, Chris, Andy et al., you won't have to worry about any of your buddies creeping her out.

**Wife: Jess Day
(Zooey
Deschanel)**

The ultimate manic pixie dream girl, Jess is as bubbly as she is beautiful. The textbook definition of "adorkable," she constantly radiates sunshine while rocking Kewpie-doll-cute outfits. She's also loving, loyal and supportive to her circle of friends and is amazing with children. Besides, even Jess' borderline annoying habits of randomly bursting into song or channelling an '80s TV show for an impromptu impression are endearing 99 per cent of the time.

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Vanilla-infused Fruity Crème Brûlée makes for light ending

Want a treat after a hearty dinner that isn't too heavy? This crème brûlée with its surprising fruit finish is the perfect choice.

1. Divide berries evenly in bottom of four, oven safe (4 oz/118 ml) ramekins.
2. Spoon 1/3 cup (75 ml) yogurt into each ramekin, over top of berries.
3. Sprinkle yogurt in each ramekin with 1 tbsp (15 ml) sugar.

Ingredients

- 6 tbsp (90 ml) fresh berries (such as raspberries, blueberries or sliced strawberries)
- 1 1/3 cups (325 ml) Yoplait Yop! Greek Yogurt – Va-Va Vanilla Bean
- 4 tbsp (60 ml) granulated sugar or brown sugar, depending on method used for last step



This recipe serves four. JJ THOMPSON

4. Holding kitchen torch 3 to 4 inches (7.5 to 10 cm) away from yogurt, caramelize sugar by heating with torch about 2 minutes, moving flame continuously over sugar in circular motion until sugar is melted

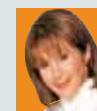
and light golden brown. If you don't have a kitchen torch, you can also use your broiler. The results will be slightly different though and it is recommended that you use brown sugar instead of granulated sugar.

Preheat your broiler. Sprinkle each serving with 2 tsp (10 mL) brown sugar. Place ramekins on a baking sheet and place 4 inches (10 cm) from broiler and broil until sugar is melted.

COURTESY YOPLAIT CANADA

Healthy eating

Choose it and lose it



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Who doesn't love street meat? When you're on the go, it's a great lunch solution — but the wrong choice will have you filling up on calories and fat.



Sausage on bun with fried onions, cheese sauce, peppers

887 calories/55 g fat

Street vendors selling greasy sausages will put your blood pressure and cholesterol off the charts.

Equivalent

A sausage on a bun with fried onions, cheese sauce and peppers is equal in calories to nine M&M Meat Shop mesquite steaks.



2 hot dogs on small buns with mustard, relish and ketchup

388 calories / 22 g fat

You're better off enjoying two small hot dogs with half the fat and calories.



Dessert. Blueberry Pot Stickers

Typically, pot stickers are wonton wrappers filled with pork or shrimp, crisped up in a pan, steamed, re-crisped, then served with a dipping sauce.

These Blueberry Pot Stickers take the savoury bites and turn them into a sweet snack.

1. In blender, combine 1 cup of blueberries, the yogurt, orange liqueur (if using), 1 tablespoon of the sugar, and 2 teaspoons of the lemon juice. Purée until very smooth, then set aside.

2. In bowl, toss heaping cup

of remaining blueberries with remaining tablespoon of sugar and 2 teaspoons of lemon juice.

3. Spread out 4 wonton wrappers on work surface, keeping rest covered with plastic wrap. Place small mound of sugared blueberries in centre of each.

4. To form dumplings, brush the edges of wrappers with water. You can use a pastry brush, but it's also easy to just dunk your finger in a glass of water and rub it along the edges of the wrappers.

5. Lift 2 opposite sides of each wrapper up and press together above centre of blueberry mound. Bring other two opposite sides up and press them together. This should form a little box with blueberries inside. Pinch wrapper together very tightly at seams to make sure they are well sealed. Repeat with the remaining blueberries and wrappers.

6. In nonstick skillet over medium, heat oil until hot. Arrange wonton packages, seam sides up, in skillet. Cook until bottoms are golden, about 1 to

Ingredients

- 3 cups blueberries, divided
- 1/4 cup nonfat plain Greek yogurt
- 2 tbsp orange liqueur (optional)
- 2 tbsp sugar, divided
- 4 tsp lemon juice, divided
- 16 square wonton wrappers
- 1 tbsp vegetable oil
- Powdered sugar and mint sprigs, to garnish
- 1 cup low-fat vanilla frozen yogurt

2 minutes. Add 1/2 cup water, reduce the heat to low, cover the skillet, and cook for 5 minutes. At this point the wonton wrappers should look somewhat translucent and cooked. If they don't, add a little more water and steam for 2 minutes.

7. Remove lid and continue to

cook until water has completely evaporated and the bottoms of the pot stickers are crisp and golden. Gently loosen the pot stickers and divide between 4 dessert plates. Sprinkle lightly with powdered sugar and top each plate with a small scoop of frozen yogurt. Garnish with the remaining blueberries and



mint. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.



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Loopy to keep cursive?

Put down your pencils. As cursive writing loses steam in schools across North America, experts way in on the pros and cons of a former classroom staple

The swirling lines from Linden Bateman's pen have been conscripted into a national fight to keep cursive writing in the classroom.

In years gone by, cursive helped distinguish the literate from the illiterate.

But now, in the digital age, people are increasingly communicating by computer and smartphone. No handwritten signature necessary.

Call it a sign of the times. When the new Common Core educational standards were crafted in the U.S., penmanship classes were dropped. But at least seven of the 45 states that adopted the standards are fighting to restore the cursive instruction.

The argument for cursive

Bateman, a 72-year-old state representative from Idaho, says cursive conveys intelligence and grace, engages creativity and builds brain cells.

"Modern research indicates that more areas of the human brain are engaged when children use cursive handwriting than when they keyboard," said Bateman, who handwrites 125 ornate letters each year. "We're not thinking this through. It's beyond belief to me that states have allowed cursive to slip from the standards."

Why was it dropped?

U.S. state leaders who developed the Common Core — a set of preferred K-12 course offerings for public schools — omitted cursive for a host of reasons, including an increasing need for children in a digital-heavy age to master computer keyboarding and evidence that even most adults use some hybrid of classic cur-



Cursive writing is no longer being taught in many schools in the U.S. as some 45 states have adopted Common Core standards, which have eliminated the teaching of cursive writing. AL BEHRMAN / THE ASSOCIATED PRESS

sive and print in everyday life.

"If you just stop and think for a second about what are the sorts of skills that people are likely to be using in the future, it's much more likely that keyboarding will help students succeed in careers and in school than it is that cursive will," said Morgan Polikoff, an assistant professor of K-12 policy and leadership at the University of Southern California.

The movement to have cursive restored

U.S. states that adopted Common Core aren't precluded from deviating from the standards. But in the world of education, where classroom time is limited and performance stakes are high, optional offerings tend to get sidelined in fa-

vour of what's required.

That's why at least seven states — California, Idaho, Indiana, Kansas, Massachusetts, North Carolina and Utah — have moved to keep the cursive requirement. Legislation passed in North Carolina and elsewhere couples cursive with memorization of multiplication tables as twin "back to basics" mandates.

Cursive advocates cite recent brain science that indicates the fluid motion employed when writing script enhances hand-eye co-ordination and develops fine motor skills, in turn promoting reading, writing and cognition skills.

They further argue that scholars of the future will lose the ability to interpret valuable cultural resources — his-

torical documents, ancestors' letters and journals, handwritten scholarship — if they can't read cursive. If they can't write it, how will they communicate from unwired settings like summer camp or the battlefield?

"The Constitution of the United States is written in cursive. Think about that," Bateman said.

What do the students and teachers think?

All the fuss seems a bit loopy to certain members of gens X, Y and Z — which have diverged increasingly from handwriting to computers.

The volume of first-class mail at the U.S. Postal Service fell in 2010 to its lowest level in a quarter-century, just as computer use — and the keyboarding it involves — was surging.

Some 95 per cent of teens use the Internet, and the percentage using smartphones to go online has grown from 23 per cent in 2011 to 37 per cent today, according to the Pew Research Center. A 2012 Pew report found the volume of text messages among teens rose from 50 a day on average in 2009 to 60 a day on average two years later.

THE ASSOCIATED PRESS

What are the implications?

Adults unable to write cursive might think back to the experiences of Jacob Lew when President Barack Obama nominated him as treasury secretary in 2013.

- As treasury secretary, Lew's signature would be on U.S. currency. But that signature looked more

like a series of loops than the distinct letters in his name.

- "Jack assured me that he is going to work to make at least one letter legible in order not to debase our currency," the president joked at the time.

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'Round the world wisdom

The short end of the stick ain't so bad

The severe market crash of October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca

Most people facing adversity feel as if they received the short end of the stick. "Poor me!" they tell themselves. A great deal of grit and determination are needed to overcome adversity, two aspects inaccessible to those feeling victimized.

The simplest way to eliminate such feelings is to put them in perspective. When witnessing real adversity, consciously lock it into memory and recall it as a standard with which to compare your own. In this context, you can turn your "mountain" of adversity into a "molehill."

The Gobi race took place in a predominantly Muslim region of China, where the Chinese government was implementing an aggressive "integration"



Turn what seems like a mountain into a molehill with a little bit of perspective. iStock

agenda overtly suppressing the local way of life. Five days after we crossed the finish line, a peaceful demonstration raising awareness for 300,000 individuals about to be forcibly removed from their ancestral homes turned into a massacre: 57 dead protesters.

During the Atacama race, five earthquakes descended on Chile, with the first hitting the hardest only days before the race. Absolute devastation and 270 deaths resulted.

During the Sahara race, at dinner one night after finishing at the great pyramids of Giza, we witnessed

the fateful demonstration in Tahrir Square: 27 Coptic Christians were murdered in front of us while we fled for cover.

Life can be harsh, no question. Still, if you are riding the subway reading Metro, you can consider yourself privileged.

Bad days come with regularity, but keep things in perspective and count your blessings. Adversity carries a much smaller burden when we place it in its right context.

Can you contextualize your adversity?

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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Dallas winger Erik Cole sends a shot past Roberto Luongo during the third period in Vancouver on Sunday. The Canucks lost 2-1. JONATHAN HAYWARD/THE CANADIAN PRESS

Scarce scoring costs Canucks once again

NHL. Controversial call holds Vancouver to one goal despite impressive 43-shot barrage



CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Canucks, when they needed it the most on Sunday, just couldn't buy a goal.

And so their scoring woes of the past week — now four

straight games in which they've been held to just one goal — continued, this time with a 2-1 loss to the visiting Dallas Stars at Rogers Arena.

The Canucks have now lost five of their last six games.

Vancouver peppered goalie Kari Lehtonen with rubber, throwing 43 shots at the Dallas net.

"I think we can keep saying we're getting shots, we're getting chances. We're professionals. We've got to start burying those chances," said forward Ryan Kesler.

The Canucks also had a goal waved off in the second

On Sunday

2

Stars

1

Canucks

period.

Henrik Sedin scored on a rebound, but the goal was waved off immediately, with the official citing contact made on Lehtonen by Daniel Sedin.

Based on the replay, it

was difficult to discern what, if any, contact was actually made.

"It's the wrong call," said Daniel Sedin.

Head coach John Tortorella said the play couldn't be reviewed.

"I don't think any one play determines a win and a loss in our league," Tortorella said afterward.

"I think we need to get that call right. It's something that's a big play in the game. I think we need to get the call right. If you can review that, I think you can get the call right."

CFL playoffs

Roughriders set up home Grey Cup date vs. Ticats

The dream scenario for the host city of a Grey Cup is having the home team in it.

The Saskatchewan Roughriders made the Regina organizing committee and their fans happy Sunday with a 35-13 upset of the Calgary Stampeders in the West Division final.

Chants of "Henry, Henry" rang out in the visitors' locker room at McMahon Stadium. Saskatchewan will face the Hamilton Tiger-Cats and quarterback Henry Burris in next Sunday's Grey Cup at Mosaic Stadium.

The Roughriders will attempt to become the third host team in a row to win the CFL's championship trophy. The Argonauts beat Calgary in Toronto last year to take the Cup and the B.C. Lions won it in Vancouver in 2011. **THE CANADIAN PRESS**

NFL

Harvin handles business in debut with Seahawks

Percy Harvin made an impact in his season debut, returning a kickoff 58 yards late in the first half to set up Russell Wilson's 19-yard touchdown pass to Doug Baldwin, as the Seahawks rolled to their franchise-record 13th straight home win, beating the Minnesota Vikings 41-20 on Sunday.

Harvin made his Seattle debut after missing the first 10 weeks of the regular season following hip surgery, helping the Seahawks improve to 10-1.

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Horoscopes

Aries

March 21 - April 20

From this week things can only get better. No, really! Keep telling yourself that your luck is on the turn and in a matter of days you will be seeing concrete evidence that it is.

Taurus

April 21 - May 21

The lesson you need to learn this week is that not even a Taurus can do it all on their own.

Gemini

May 22 - June 21

The more you give the more you get in return. That applies to all aspects of your existence but especially to partnerships of a personal nature.

Cancer

June 22 - July 23

What can you do to make a loved one's life more enjoyable? You are well aware they have made sacrifices for you, now you must consider what they need from you in return.

Leo

July 24 - Aug. 23

It may be frustrating that so many little things are going wrong but don't let it get to you. Come the end of the week a new phase will begin and suddenly it will all start going right for you again – the little things and the big things.

Virgo

Aug. 24 - Sept. 23

You know you cannot escape from the consequences of your actions so don't waste time trying.

Libra

Sept. 24 - Oct. 23

In every enterprise there comes a time when you have to choose whether to carry on and give it your all or admit that it no longer inspires you and call it a day.

Scorpio

Oct. 24 - Nov. 22

An issue you have been avoiding has now to be faced. You have just four days to get your act together and resolve the situation – after that the matter will be taken out of your hands.

Sagittarius

Nov. 23 - Dec. 21

A few days from now the Sun will enter your sign and a new cycle will begin. Before then you must tie up loose ends, be they personal or professional, that might hold you back.

Capricorn

Dec. 22 - Jan. 20

Make the most of the Sun's final few days in the friendship area of your chart to have fun with people whose outlook and interests match your own.

Aquarius

Jan. 21 - Feb. 19

You have a tendency to say what is on your mind, even when it might be wise to stay quiet, and someone in authority won't be amused by your honesty today.

Pisces

Feb. 20 - March 20

For some reason you have started to doubt a colleague's loyalty but what happens over the next few days will reassure you they are still on your side.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Cdn. place to buy stuff on TV
- Actress Cheryl, and surnamesakes
- Peru's past persons
- Manfred Mann's "Do __ Diddy Diddy"
- Towards-the-rear
- Actor Peter O'Who?
- Will Smith movie
- Wilderness-sub-sisting show starring Canadian Les Stroud
- __ Gritty Dirt Band
- Some windows
- Becomes soaked wet
- Swag
- Identical
- Jimmy __ (Shoe designer)
- Blackthorn fruits
- Canada, HMCS
- ...The States, __
- __ Nogat National Park, NWT
- Good __
- Trojan War advice-giver
- Moviedom's Mr. Mulroney
- Namesakes of Canadian musician Mr. Juranen, aka Bahamas
- Fork over dough: 2 wds.
- "You're it!" game
- Tutu textile
- Finale
- Stare
- Baseball great

- Willie
- Coca-Cola guru Mr. Candler, and others (b.1851 - d.1929)
- Blunders
- Paris bridges
- Terrain of trails and tracks: 2 wds.
- Method
- This planet

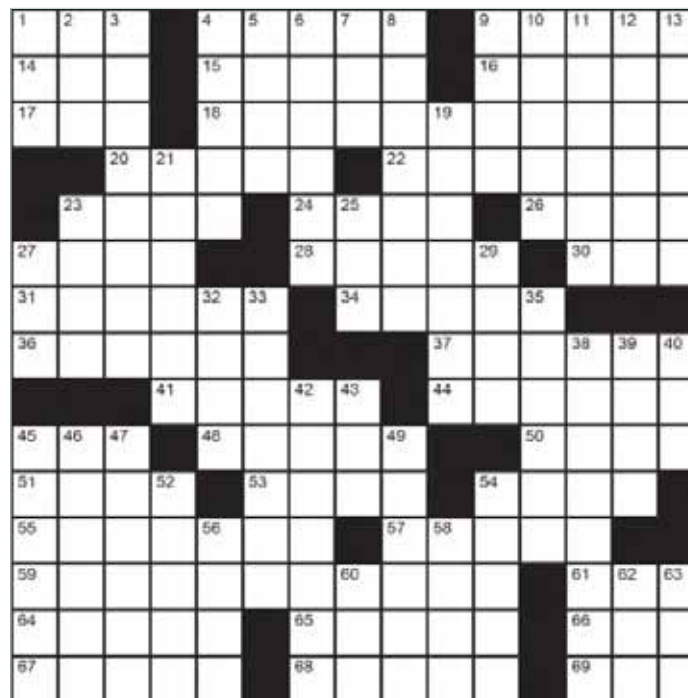
- No, in slang
- Farm female
- Tees' predecessors
- Patricia of movies, and others
- Chem. ending

Down

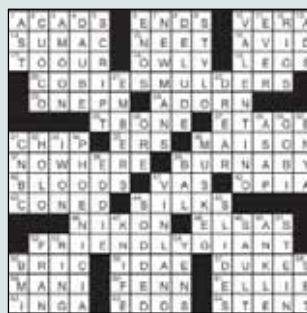
- Ex-airline
- Mr. Mineo

- Winds from The Rockies
- Holds out
- Adjoin
- "Splash" (1984) star Ms. Hannah's
- Old Rome's 605
- Vehicles launched in 1959 by Canadian inventor Joseph-Armand Bombardier

- (b.1907 - d.1964)
- "Ripley's Believe __ Not!": 2 wds.
- Standards
- Baie __, Quebec
- Startles
- Has a gut instinct
- What Tom Mulcair supporters do in elections: wd. + acr.
- "__ Feeling" by



Friday's Crossword

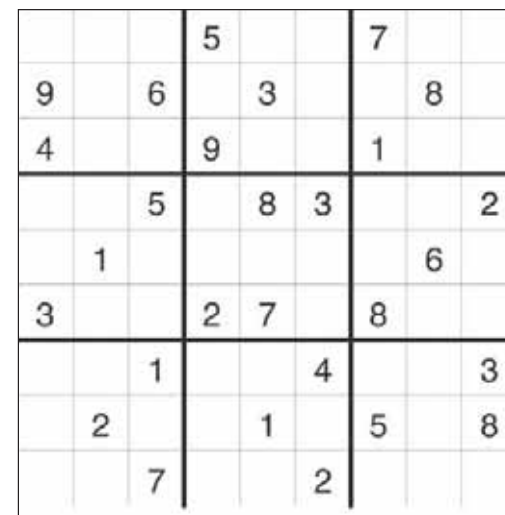


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

8°/2°

Rain

90%

Tuesday

7°/0°

Sunny

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